

Break Free from Boredom

If there's something that can kill movement in life, it is the state of boredom. It may look harmless but it can have a serious impact on our physiological and mental health. It can push us to make choices that can go against our well being. Join us to get clarity and new insights into the mechanism of boredom which may free you from its trap.

Register here: <https://forms.gle/ymmaytMe7UYzTh1J7>



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